



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
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**PHYSICAL EXAMINATION REQUIREMENTS AND ANNUAL MEDICAL
SCREENING PROCESS (DPCS)**

1. REFERENCES: AR 40-501, 28 Mar 02

2. PHYSICAL EXAMINATIONS.

a. All soldiers of the New Jersey Army National Guard are required to undergo a Physical Examination every five (5) years regardless of age (except members of Force Support Package units who are age 40 and older).

b. Members of early (75 days) deploying units who are over 40 years of age will undergo complete physical examination every 2 years.

c. General Officers are required to undergo a cardiovascular screening every year and undergo a physical examination every three years.

d. Soldiers who do not have a current or completed medical physical, are prohibited from performing Annual Training (AT), Active Duty for Training (ADT), Active Duty Special Work (ADSW), and State Active Duty (SAD).

e. All soldiers without a current completed or scheduled physical exam **Will Not** attend IDT or AT.

3. ANNUAL MEDICAL SCREENING PROCESS.

a. All Soldiers of the New Jersey Army National Guard are ***required*** to complete the annual medical screening IAW AR 40-501, Chapter 10. Any unit with no organic medical personnel must request support through their Major Subordinate Command (MSC).

b. The Annual Medical Certificate (DA Form 7349-R) is required annually on every soldier, not sooner than 180 days prior to the scheduled date of annual training for the unit.

c. The Completed DA Form 7349 will be reviewed with the soldier in individual interviews by the medical personnel, who will ask for additional information when appropriate.

d. Completed Annual Medical Certificates will be forwarded to G1-HSS for processing.

1) Soldiers with no significant current medical history, interval history or change in physical status, and no indication of a requirement for limited duty (profile numerical factors 1 or 2), no further action is required and the soldier is certified for continued duty.

2) Soldiers with significant history, or interval history, or change in physical status, or any indication of requirement for limited duty (profile numerical factors "3" or "4") temporary or permanent profiles. These soldiers will be further evaluated by forwarding all available information to the state surgeon.

3) Soldiers not cleared will be scheduled within 60 days to report to the NJARNG Medical Facility, Sea Girt for further evaluation.

4) Soldiers with restrictions from mandatory strenuous physical activity may not attend AT, ADT, or any type of ADSW, full time special work, or full time National Guard counter-drug work until cleared by a MDRB.

5) Final determination will be returned to the unit through command channels.

4. PHYSICAL INSPECTIONS PRIOR TO ANNUAL TRAINING

a. Unit commanders are still responsible for individual physical inspections of all personnel under their command immediately prior to departure for AT (Normally within 72 hours).

b. As a minimum the screening will consist of:

1) Confirmation that a valid and approved DA Form 7349 is on hand for each soldier scheduled to attend AT.

2) Physical observation for any outward signs of existing injury or disease, including bandages, splints, casts, and use of crutches, braces, or any orthopedic devices.

3) A reading of the questions on the DA Form 7349, to include the briefing concerning the Privacy Act and the consequences of less than full disclosure.

a) Any soldier that answers affirmatively to any question that has not been previously evaluated, or exhibits signs of an obvious physical, psychiatric, or dental condition is likely to interfere with or be aggravated by AT will be required to be evaluated by a military medical officer, including the completion of a new DA Form 7349 before being allowed to depart for AT.

b) If this evaluation results in a determination of a significant category change the soldier may not attend AT until cleared.

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